



POLITICAL CRISIS IN EGYPT HEATS UP

JUDGES FROM THE COUNTRY'S TOP COURT ON STRIKE
AS STANDOFF AGAINST PRESIDENT MORSI GROWS

PAGE 8



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Monday, December 3, 2012



News
worth
sharing.

High school deal off the table: Union

New plan. OSSTF set to reveal its next actions at a Monday news conference



SEAN
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A tentative deal between high school teachers and the Ottawa Carleton District School Board has been kiboshed by ministerial interference, says the Ontario Secondary School Teachers Federation.

"I don't think that the blame for this lies at the feet of either the union or the employer. This is not a problem we have with the school board," said Ontario Secondary School Teachers' Federation (OSSTF) vice-president

Harvey Bischof. "This is a result of the minister's interference in the local bargaining process."

Bischof said union negotiators "came to understand" Friday night that the tentative deal touted last week by Ottawa Carleton District School Board chief Jennifer Adams was something the ministry wanted modified.

Bischof cited comments by Education Minister Laurel Broten to the effect that the deal was "workable" as evidence she wanted changes.

"If I sign my name to a deal, either it is what it is or it no longer exists," said Bischof.

He said the minister's comments had recently become "increasingly difficult to interpret."

As a result, he said secondary school teachers will

resume working to rule on Monday.

The union wants to be able to negotiate directly with local boards and isn't looking for gains in salary in light of recent economic turmoil, he said.

A spokesman for Education Minister Laurel Broten wasn't immediately available.

The OSSTF cut off contract talks last week after teachers rejected local agreements with two school boards. It has also suspended ratification votes for any other tentative agreements until further notice.

The Liberal government has the power to impose new collective agreements and prohibit certain strike actions, but Broten hasn't said whether she'll take those steps.

WITH FILES FROM THE CANADIAN PRESS



CANADA'S BIG WIN

Canada's Christine Nesbitt skates to victory during the women's 1,500-metre race at an ISU world cup speedskating event in Kazakhstan, Sunday. The London, Ont., native then teamed up with Ivanie Blondin of Ottawa and Brittany Schussler of Winnipeg to win the team pursuit. More coverage, page 25. ALEXEI FILIPPOV/THE ASSOCIATED PRESS

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OLG tips hand on plans for Ottawa casino

What's in the cards?
Corporation wants 800 more slots, 600 table games in new gambling emporium



ALEX BOUTILIER
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The competition for a new Ottawa casino began in earnest on Friday with the request for proposals from Ontario Lottery and Gaming.

According to the documents, OLG wants to see roughly 800 more slot machines and 600 live table games at a new or expanded gambling operation, in addition to more non-gambling amenities such as restaurants and bars.

Ottawa "represents a valuable commercial opportunity that has not been fully exploited," the documents say. The successful applicant will be asked to improve "service in an underserved market" as well as "competitive positioning" by increasing service.

That could be read as a rebuke to the Rideau Carleton Raceway, which operates 1,250 slots at the Albion Road location. But the

documents also refer to the racetrack's established customer base and experienced employees, suggesting an operator could propose expanding the facility. Proponents would also be required to keep the racetrack's existing employees for at least one year.

In exchange, the casino operator would receive a base return of \$30 million a year, as well as 70 per cent of the take beyond a certain threshold. For instance, a casino operator could suggest a threshold of \$60 million and receive 70 per cent of revenues above that mark.

A further 20 per cent of revenue from foreign VIPs would stay with the house. All revenue from non-gambling amenities would go to the operators.

Several companies are lobbying the municipal government for dibs on the casino file, including Caesars and Rock Gaming. Management at the Rideau Carleton Raceway want slots kept at the racetrack, and have suggested they will submit a bid.

Ottawa city council still has final say on the matter. After deciding on their preferred proponent, OLG will submit the plan to council for a vote.



Ottawa police searching for missing girl

Jasmine Olleik, 9, of Ottawa, was last seen at about 3 p.m. last Wednesday in the 1500 block of Blohm Drive. She was reported missing by her father, who has full custody of his daughter. Jasmine was seen walking with a woman — whom the police believe is her mother — and entering a blue four-door car. She was wearing a pink jacket and pink boots. Det. Hillary Rao said police suspect the two may be in Toronto. She is described as white, five-foot-one, with a slim build, short dark brown hair and brown eyes. Her mother, Nina Grebenshikov, 42, is white, five-foot-seven, with auburn hair and hazel eyes. Police believe she may recently have dyed her hair blond. Anyone with information about Jasmine Olleik's whereabouts should contact Ottawa Police Services at 613-236-1222. CONTRIBUTED

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Bike lanes. City gets \$2M from province to improve cycling infrastructure

Ottawa will have access to \$2 million to improve its cycling infrastructure and new cycling safety programs for drivers and kids as the province drafts a strategy to get people out of their cars.

"One of the biggest problems that we have is gaps in our cycling infrastructure," said Coun. Marianne Wilkinson. "We have cycling routes and then they end, and that becomes a danger point and we're working to eliminate those off the main roads."

Early in the summer, Ontario's chief coroner reported that all of the 129 cycling deaths in Ontario from 2006 to 2010 could have been prevented. The report concluded a lack of education among drivers and cyclists was a main factor in each case and recommended improvements to infrastructure, education, legislation and

Riding in Ottawa

"One of the biggest problems that we have is gaps in our cycling infrastructure."

Coun. Marianne Wilkinson

enforcement.

So far, there have been five cycling deaths on Ottawa roads this year.

New money for infrastructure will become available under the Municipal Infrastructure Strategy in January, said Minister of Infrastructure Bob Chiarelli. The new strategy, he said, will see the province take many of the 14 recommendations by the coroner's report, including one-metre passing laws for cars and province-wide helmet laws.

GRAHAM LANKTREE/METRO

Serious injuries

Stabbings outside nightclub send two to hospital

Ottawa Police are looking for information after two separate stabbings sent two men to hospital early Sunday morning.

The stabbings occurred outside Ritual nightclub on the 100 block of Besserer Street around 1 a.m. on Sunday. Police would not say if the victims were patrons at the club, only that Ritual was "involved" in some way. The victims were transported to hospital with serious injuries.

When contacted Sunday, police refused to make any further comment. Anyone with information about the stabbings is encouraged to contact Ottawa police at 613-236-1222.

ALEX BOULTIER/METRO

'Cries for help'

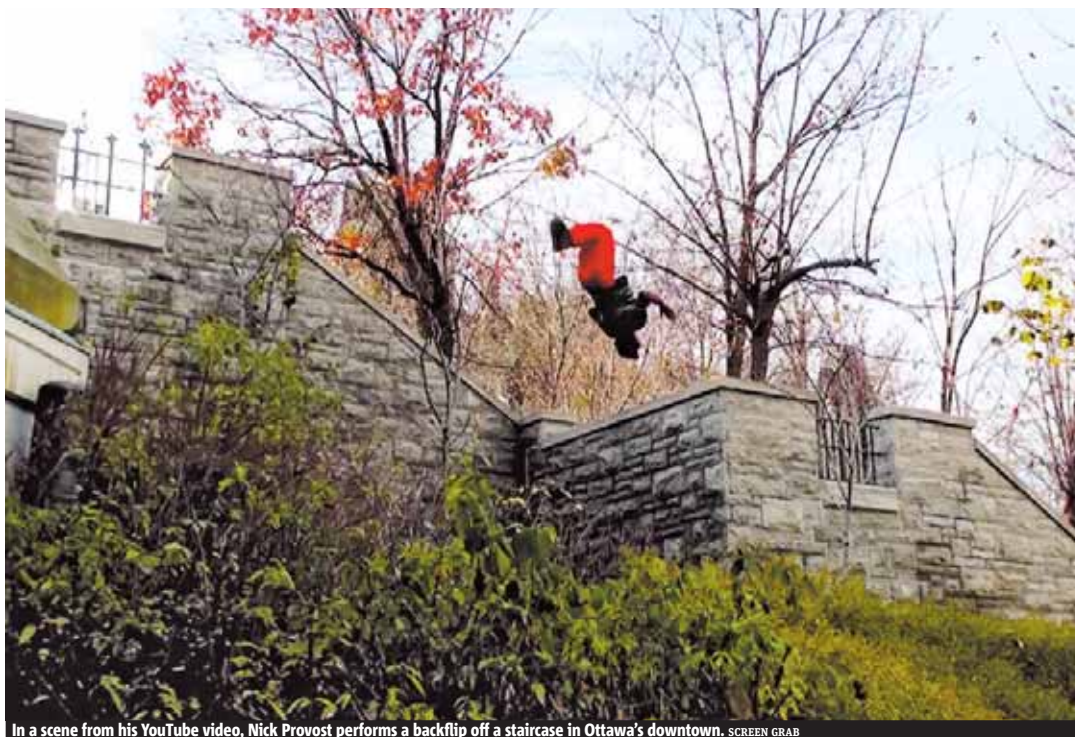
18-year-old man charged with sexual assault

Ottawa Police have charged 18-year-old Ottawa man Abdiaziz Yusef Ali with the sexual assault of two women on Saturday.

OPS officers responded to what they describe as cries for help in the area of Windways Crescent during the early-morning hours of Dec. 1. Officers found an 18-year-old woman who had been violently sexually assaulted. She led them to a nearby residence where the suspect surrendered without incident.

After investigating, police allege the man had also sexually assaulted another woman, 17, earlier that day. Neither victim knew the accused before the incidents.

ALEX BOULTIER/METRO



In a scene from his YouTube video, Nick Provost performs a backflip off a staircase in Ottawa's downtown. SCREEN GRAB

Ottawa man turns city into a parkour playground

Viral video. Urban 'free running' sport not always welcomed by onlookers



GRAHAM LANKTREE
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When Nick Provost saw a YouTube video of the urban obstacle scaling sport parkour six years ago, he just had to try it out in his own yard.

"I just tried a flip outside and landed it and didn't look back," said the soon-to-be 21-year-old, who is one of the few in Ottawa practising the sport. Traceurs — people who

Extreme sport

"The video is to show off a bit of my parkour skills and (to) show the beauty of spots in Ottawa."

Parkour enthusiast and 'traceur' Nick Provost

Though not viewed as a legitimate sport, parkour has gained an international following on YouTube and other video-sharing websites.

do parkour — use the city as a playground to be navigated with flips, handstands, jumps and skips.

Provost, with the help of partner Quinn Riding, recently filmed his prowess sidestepping Ottawa's obstacles.

"The video is to show off a bit of my parkour skills and show the beauty of spots in Ottawa," he said. "I just love parkour and love creating videos."

Despite the sport's international reputation, Ottawa has a scant parkour scene.

"There's no actual club right now," said Provost. "I do it with my friends. We gather Saturdays on the Quebec side at Place du Portage."

Provost said he has been kicked off of city beaches and parks while practising parkour around the city.

"People don't really accept it," he said. "At one park, there

was a pool and the lifeguard kicked us out of the park. We never come close to the kids. If they got hurt, it would be on us."

The video showcases his top spots to parkour in Ottawa, he said, adding the Rideau Centre is one of his favourite locations.

"Parkour has helped me so much to stay in shape. I love double flips. I'm one of only a few people in Canada who can do it."

Online

Watch Nick Provost's parkour video at metronews.ca



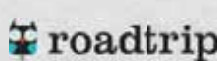
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Fuel crisis on Kashechewan reserve averted

Northern Ontario.

Local MP upset the community had to come so close to the brink to get the feds' attention

A year after the northern Ontario community of Attawapiskat jarred the country's conscience with its deplorable housing conditions, the reserve next door has only narrowly averted a similar crisis.

Kashechewan First Nation declared a state of emergency last week because it was running out of fuel and because 21 houses were not fit to face winter.

The federal government stepped in with help, just in the nick of time.

State of emergency

According to local MP Charlie Angus of the NDP, it wasn't until the band declared an emergency and he exchanged words with Aboriginal Affairs Minister John Duncan that federal help kicked in.

- A spokesman for Duncan said Aboriginal Affairs had arranged for emergency fuel delivery a week before the emergency declaration.

But fuel shortages are becoming more common among remote northern Ontario communities right now, said Alvin Fiddler, deputy grand chief of the Nishnawbe Aski Nation, a regional advocacy network.

That's because the ice road

used to truck in a year's supply of diesel last winter did not last as long as usual.

"Everybody is running out now. We're looking at a two-month gap" until this winter's ice road is solid enough to truck in fresh supplies, Fidler said in an interview.

In Kashechewan, extra fuel supplies were supposed to come in by barge, but bad weather and demands from other communities meant the Cree didn't receive enough.

Kashechewan's chief was poised late last month to shut down the band office, two schools, the power generation centre, health clinic and the fire hall because the buildings were not heated.

"We're always putting Band-Aids on septic wounds," NDP MP Charlie Angus said in an interview.

THE CANADIAN PRESS



Wreaths laid to honour fallen veterans

Relatives and members of the public place wreaths at headstones of fallen soldiers during a Wreaths Across Canada ceremony at Beechwood Military Cemetery in Ottawa, Sunday. The commemorative ceremony places a wreath on the headstone of every veteran buried in the National Military Cemetery, the first Sunday of every December at 1:30 p.m. The day also helps teach children the sacrifice of our fallen. FRED CHARTRAND/THE CANADIAN PRESS

Federal commission says no to building code changes for wildfire-prone areas

A federal commission has rejected proposals to change Canada's national construction codes to better protect communities from destructive wildfires.

The changes would have

required builders in areas prone to forest fires to use less flammable building materials, to space buildings farther apart and to keep them clear of trees and vegetation. "The majority of the provinces said,

"No, you can't put this in the building codes because we couldn't enforce it," Philip Rizcallah of the Canadian Commission on Building and Fire Codes said from Ottawa.

THE CANADIAN PRESS



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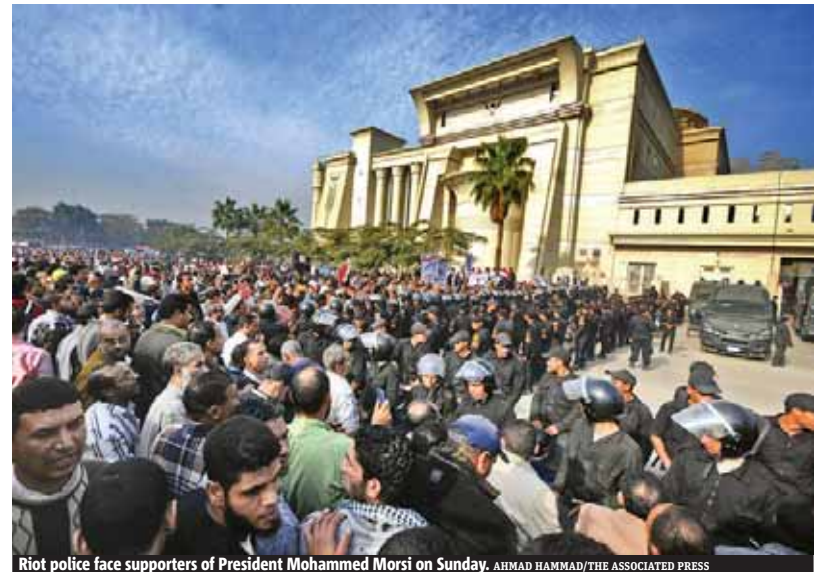
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Riot police face supporters of President Mohammed Morsi on Sunday. AHMAD HAMMAD/THE ASSOCIATED PRESS

Egypt's top judges strike over courthouse blockade

Power play. Morsi supporters rally to stop judges from ruling on constitutional bias

Egypt's top court suspended its work indefinitely to protest "psychological and physical pressures" after supporters of the Islamist president prevented judges from entering the courthouse Sunday to rule on the legitimacy of a disputed constitutional assembly.

Dark times

"(This is) the Egyptian judiciary's blackest day on record."

The Supreme Constitutional Court describing Sunday's blockade.

The decision by the Supreme Constitutional Court (SCC) is the latest twist in a worsening political crisis pitting President Mohammed Morsi and his allies against the mostly secular opposition and the powerful judiciary. The standoff began when Morsi issued decrees on Nov. 22 that gave him sweeping powers and granted the president — and the constitutional committee — immunity from the courts.

The Islamist-dominated panel drafting the new constitution then raced in a marathon session last week to vote on the charter's 236 clauses without the participation of liberal and Christian members. The fast-track hearing pre-empted a decision expected from the SCC on whether to dissolve the committee. The judges on Sunday

postponed their ruling on that case.

A day earlier, Morsi announced a referendum on the draft charter on Dec. 15 despite opposition protests and questions about the document's legitimacy.

The president's seizure of vast powers has galvanized Egypt's disparate opposition groups, who have united in their demands that Morsi rescind the decrees and create a constituent assembly that is more balanced and inclusive.

Supporters of Morsi, who hails from the Islamic fundamentalist Muslim Brotherhood, claim that the court's judges are loyalists of ousted president Hosni Mubarak, who appointed them. Morsi's backers accuse the judges of trying to derail Egypt's transition to democratic rule.

THE ASSOCIATED PRESS

Iran

Death sentence for Canadian resident deferred: Lawyer

A lawyer for Canadian resident Saeed Malekpour said that the computer programmer's death sentence on charges of creating a network of porn websites has been suspended in Iran.

Amnesty International and several activists are reserving judgement. Iran has in the past reversed decisions for clemency.

Malekpour has maintained that a software program he created while in Canada was used without his knowledge to post pornography. But he was nevertheless allegedly tortured for a confession and charged with "insulting and desecrating Islam."

TORSTAR NEWS SERVICE

Intelligence. Navy struggles to explain lost and found sensitive data

Electronic records detailing the planned overhaul of Canadian naval intelligence — created when admitted Russian spy Jeffrey Delisle was at the height of his treachery — were deleted from a National Defence database.

Two PowerPoint presentations, aimed at explaining the overhaul to intelligence analysts, were reported deleted when copies were requested earlier this year by The Canadian Press.

Military officials described the deletions as a clerical error.

The navy later claimed some copies had survived in email accounts.

"We should be asking questions, absolutely," said

retired colonel and military law expert Michel Drapeau.

"I mean, naval intelligence goes to the security of the country, security of people, of our Armed Forces. They are issues of national interest."

Questions about the deletion come at a time when the military's entire handling of sensitive data is under scrutiny.

Last week, court records released in the Delisle case showed the naval officer retained top-secret access even though his security clearance had lapsed and that prior screenings had failed to pick up red flags in his personal life.

THE CANADIAN PRESS

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China surpasses the U.S. as world's top trading partner

The hand that feeds.

China is starting to push back in disputes over trade, exchange rates and climate change

Shin Cheol-soo no longer sees his future in the United States.

The South Korean businessman supplied components to American automakers for a decade. But this year, he uprooted his family from Detroit and moved home to focus on selling to the new economic superpower: China.

In just five years, China has surpassed the U.S. as a trading partner for much of the world, including U.S. allies such as South Korea and Australia, according to an Associated Press analysis of trade data. As recently as 2006, the U.S. was the larger trading partner for 127 countries, versus just 70 for China. By last year the two had clear-

ly traded places: 124 countries for China, 76 for the U.S.

In the most abrupt global shift of its kind since the Second World War, the trend is changing the way people live and do business from Africa to Arizona, as farmers plant more soybeans to sell to China and students sign up to learn Mandarin.

The findings show how fast China has ascended to challenge America's century-old status as the globe's dominant trader, a change that is gradually translating into political influence. They highlight how pervasive China's impact has been, spreading from neighbouring Asia to Africa and now emerging in Latin America, the traditional U.S. backyard.

Despite China's now-slowing economy, its share of world output and trade is expected to keep rising, with growth forecast at up to eight per cent a year over the next decade.

Last year, Shin's ENA Industry Co. made half its sales of rubber and plastic parts to U.S.

Power-holder

"The United States is a tiger with no power. Nobody can deny that China is the one now rising."

South Korean businessman Shin Cheol-soo

factories. But his plans call for China, which overtook the U.S. as the biggest auto market in 2009, to rise five-fold to 30 per cent of its total by 2015.

"The United States is a tiger with no power," Shin said in his office, where three walls are lined with books, many about China. "Nobody can deny that China is the one now rising."

Trade is a bit like football — the balance of exports and imports, like the game score, is a neat snapshot of a jumble of moves that make up the economy, and both sides are apt to accuse each other of cheating from time to time. Also, the

U.S. and China are both rivals and partners who can't have a match without each other, and a strong performance from both is good for the entire league.

Trade may get less publicity than military affairs or diplomacy, yet it is commerce that generates jobs and raises living standards. Trade can also translate into political power. As shopkeepers say, the customer is always right: governments listen to countries that buy their goods, and the threat to stop buying is one of the most potent diplomatic weapons.

China has been slow to flex its political muscle on a large scale but is starting to push back in disputes over trade, exchange rates and climate change.

The United States is still the world's biggest importer, but China is gaining. It was a bigger market than the United States for 77 countries in 2011, up from 20 in 2000, according to the Associated Press analysis. **THE ASSOCIATED PRESS**



Shin Cheol-soo, chief executive of the ENA Industry, speaks at his office in South Korea. Shin uprooted from Detroit to move closer to China, which now leads the world in terms of key trade partnerships. LEE JIN-MAN/THE ASSOCIATED PRESS

Trade secrets. Couple convicted of stealing info on hybrid car technology

A former General Motors engineer with access to the automaker's hybrid technology was convicted along with her husband of stealing trade secrets for possible use in China.

Shanshan Du won a transfer within GM in 2003 to be closer to the technology and then copied documents until she accepted a severance offer and left the company in 2005, prosecutors said.

Du, 54, and Yu Qin, 51, were found guilty Friday by a federal jury in Detroit after a trial that lasted weeks. Qin was also convicted of wire fraud and attempting to obstruct justice by shredding documents.



Shanshan Du THE ASSOCIATED PRESS FILE

Du faces up to 10 years in prison, while her husband faces up to 30. No sentencing date has been set. **THE ASSOCIATED PRESS**

Battery maker

China approves Wanxiang bid to buy U.S.'s A123

China has approved a proposal by auto parts conglomerate Wanxiang Group Corp. to purchase the assets of bankrupt U.S. battery maker A123 Systems.

The Chinese Commerce Ministry's approval of the bid was announced by the official Xinhua News Agency on Sunday. Wanxiang is interested in buying substantially all of the assets of A123, which is based in Massachusetts.

It will have to compete with other bidders, including Johnson Controls Inc., a U.S. auto parts maker.

THE ASSOCIATED PRESS

Obama faces tough pipeline call

It's a decision U.S. President Barack Obama put off during the 2012 campaign, but now that he's won a second term, his next move on a proposed oil pipeline between the U.S. and Canada may signal how he will deal with climate and energy issues in the four years ahead.

Obama is facing increasing pressure to determine the fate of the \$7-billion Keystone XL project, with environmental activists and oil producers each holding out hope that the president, freed from the polit-

ical constraints of re-election, will side with them on this and countless other related issues down the road.

On its surface, it's a choice between the promise of jobs and economic growth and environmental concerns. But it's also become a proxy for a broader fight over American energy consumption and climate change, amplified by Superstorm Sandy and the conclusion of an election that was all about the economy.

"The broader climate move-

ment is absolutely looking at this administration's Keystone XL decision as a really significant decision to signal that dirty fuels are not acceptable in the U.S.," said Danielle Droitsch, a senior attorney with the Natural Resources Defence Council.

Opponents have launched protests in recent weeks at the White House and in Texas urging Obama to kill the project. On Capitol Hill, support for the pipeline appears to be gaining.

THE ASSOCIATED PRESS

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OTTAWA DRIVERS: HOW BAD ARE WE, REALLY?



**URBAN
COMPASS**
Steve Collins
ottawa@metronews.ca

car into the Rideau Canal near Lansdowne Park and then apparently just walked away and left it there.

Earlier this year, police pulled a man over on the Queen-sway who was eating roast chicken out of a bowl while he steered with his knees. Last week, I saw a woman glumly chatting on her cellphone beside the car she'd somehow managed to strand on a traffic island at the Vanier Parkway and Montpelier Road. You've probably seen at least one incident of stupidity on wheels somewhere on an Ottawa road in the past week.

Ease up

The single biggest identified factor, figuring in 49 per cent of all accidents, was excessive speed.

We fared only slightly better this time than Toronto, at number 43. As civic rallying cries go, "We're doing marginally better than Toronto!" is a pretty weak one, especially as that city's mayor, a fairly notoriously distracted driver in his own right, counts down the final week before his court-ordered removal from office.

But the numbers don't necessarily denote a culture of automotive incompetence here in the nation's capital. We're a major tourist destination, and no doubt some of our crash count can be attributed to out-of-towners trying to navigate unfamiliar roads whose names can change without warning. Poor Brampton, which dropped to the bottom of the list with 6.94 collision claims per 100 vehicles, can't even avail itself of this excuse.

Size also seems to matter. We're the second most populous city in Ontario, and no place with more than 200,000 residents made the list's top 10. Kitchener (population: 219,153) managed to snag the No. 15 spot. Six of the survey's worst 10 cities, meanwhile, were home to more than 200,000 people, and perhaps a critical mass of drivers on longer daily commutes.

When you stack us up, as Allstate did, against other big cities across the country, we fall precisely in the middle of the pack, behind Calgary and Edmonton, ahead of Toronto and road warrior Montreal, with its impressive 8.54 collision claims per 100 cars.

In another dubious Ontario-wide distinction, we're also the not-so-proud owners of Carling Avenue, voted the province's seventh-worst road by motorists in an annual survey by the Canadian Automobile Association. Again, Toronto out-stinks us, with five of the worst (Dufferin Street, Lawrence Avenue East, Finch Avenue West, Kingston Road and Bayview Avenue, for the record).

Problems on these roads might be potholes, congestion or poorly-timed traffic lights, but the CAA says 90 per cent of the roads they name and shame are subsequently improved and hence drop off the list. Carling, though, has been a perennial driver disappointment.

But road and weather conditions, according to Allstate, take a backseat to driver behaviour as a cause of collisions.

A city analysis of last year's 15,295 found driver distraction definitely contributed to 14 per cent, but police think it's likely factor in at least a third (so if you're reading this at the wheel, please stop now). The single biggest identified factor, figuring in 49 per cent of all accidents, was excessive speed.

The chronically troubled stretch of Bronson Avenue near Carleton University, site of about 600 accidents over the past decade, got another dose of infamy this fall after the death of a cyclist, and most of the discussion has properly been about how to slow traffic down.

The problem may not be so much that we don't know how to drive here, but when we should be easing up on the gas: almost always.

It's just a coincidence, if an unfortunate one, that the same week a survey of Ontario drivers put Ottawa's near the bottom of the heap, somebody drove their

Insurance company Allstate's Ontario Safe Driving Survey ranked the province's municipalities by the number of collision claims per 100 cars they insure. Ottawa, with a rate of 6.1 reported crack-ups, ranked a dismal 42 out of 46 communities. In the last survey, covering 2008-2010, we'd landed a more solidly mediocre score of number 32 on the list.

Cartooning consumerism



CONTRIBUTED

Windsor, Ont.

Tagging acts as culture commentary

The iconic cartoon father Homer Simpson pasted to the side of a shuttered 7-Eleven in Windsor, Ont., cries out in pain, blood dripping from his hands and wrists. Dubbed Homercidal, he's the work of street artist Ben Frost.

"It's as if consumerism has affected Windsor in a way that's burst the bubble," he says. "Homer has the blood of the workers on his hands." **METRO**

D'oh

- Frost also affixed a two-headed Dewey (of Duck Tales fame) to an abandoned Kentucky Fried Chicken, and a somewhat disturbing version of Bambi to a former Home Depot location.
- The KFC duck clearly invokes urban legends about the company using genetically-modified animals in its food, while the Home Depot piece is a comment on mass-produced goods.

Buyer's remorse

Message might stick

Frost uses his art as a form of social commentary.

"In a lot of ways, it's about using corporate imagery as a way to take the power back, taking their logos and what they're feeding us, and subverting it," he says.

Frost's pieces are paper posters affixed using simple adhesives. The method helps minimize his chance of a run-in with the law.

"Because it's paper, you can only get in trouble for littering," he says. **METRO**

Not about doughnuts

"It's a nod to a consumer culture where we're just creating simulations of the same stuff ... Especially at a place like Home Depot where there's five million \$1 paintbrushes. There must be a machine somewhere that's just spitting them out."

Ben Frost, Toronto-based street artist

Youth centre saved by the Christmas cookie

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Leaving cookies out for Santa on Christmas Eve is a time-honoured tradition.

But by starting their holiday baking a little early this year, Kemptville residents

have actually helped save the community's youth centre!

Dubbed the Great Christmas Cookie Bake-off and Sale, it featured delicious entries that were even judged by the man in red himself. Best of all, the Nov. 17 event raised over \$1,200 for the Kemptville Youth Centre, which offers drop-in recreational programming to local youth.

More than 30 varieties of delectable goodies were entered in categories, including Chocolate Lovers and Cookie

Jar Cookies.

Organizer Linda Newson says the money, which was raised from sales and entry fees, will help make a crucial contribution to the youth centre, which would have closed its doors without significant donations to cover costs.

And, says Newson, the centre is invaluable.

"It's a safe place for our children to congregate other than on the streets, hanging around the mall or the local parks is a must-have in every

community."

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.



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Torture? That's fine, but don't beat him at ping-pong

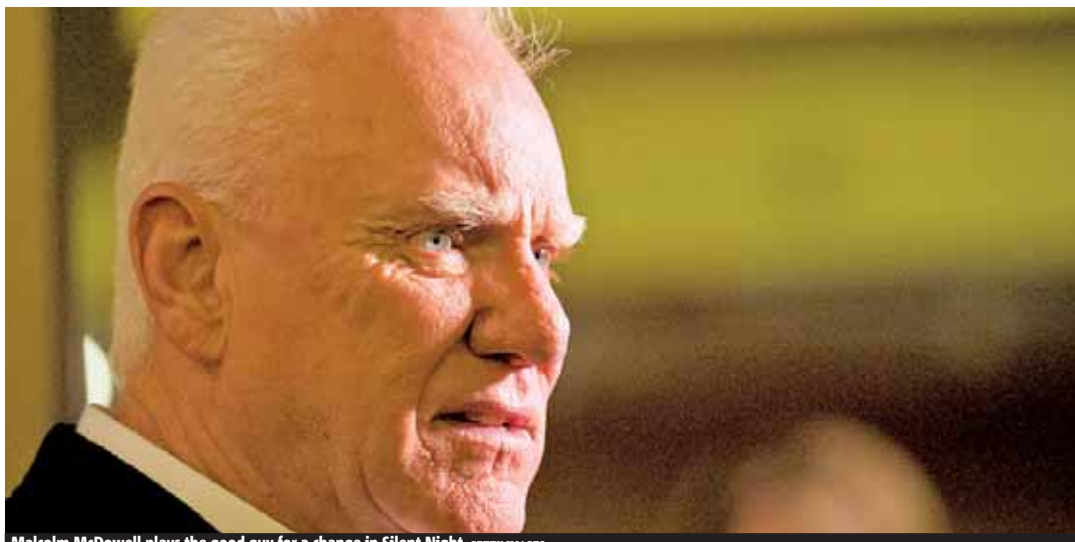
Silent Night. Latest role offers McDowell — who relished beating Stanley Kubrick at table tennis — a rare chance to play the good guy

RICHARD CROUSE
Scene@metronews.ca

On Wednesday, the two most popular items on my Facebook site were a picture of a kimono-wearing David Bowie playing ping-pong, the other a mention of my upcoming interview with Malcolm McDowell.

My reference to McDowell, the menacing actor who famously played the man who killed Captain Kirk in *Star Trek: Generations* and became an icon starring as Alex DeLarge in *A Clockwork Orange*, drew dozens of comments. The interview was meant to promote *Silent Night*, a Winnipeg-shot slasher flick about a killer Santa Claus, on DVD next week, but before we get into talking about the film, however, I tell him about the postings. He connects the dots between table tennis and his most famous film.

It seems director Stanley



Malcolm McDowell plays the good guy for a change in *Silent Night*. GETTY IMAGES

Kubrick and McDowell played ping-pong on the set of *A Clockwork Orange*. When I ask who usually won, he said:

"He never ever took a set from me. I wiped the floor with him with such great relish because it was the only thing I could really beat him at. He was tormenting me as the character and I'm sure deep down he enjoyed it. He was a little bit

sadistic. I went through quite a lot of nasty injuries from the eye thing and horrible things like being dunked in water and almost drowned. There was a lot of physical abuse. So when I could get my own back, I really loved it." When I ask if he still plays the game, he replies, "No, I haven't played in years."

Hasn't had time I guess.

An on-going role in the series

Franklin and Bush and 17 other IMDB credits for 2012 alone are proof that at age 69, he keeps as busy as most actors half his age. He says *Silent Night* was a welcome change, however.

Usually cast as a baddie, he was chuffed to play the brave sheriff of a town terrorized by a slaying Santa. "Without pandering to the audience, I just wanted to bring a little lightness and

humour to it without chewing the scenery," he says. "Well, not too much."

Not that he's unhappy playing villains. "In my early career, I started playing heavies," he says. "*Clockwork Orange* is one of the great heavies. If I had been playing heroic types I'd have had a short career. Playing heavies has allowed me to work no matter what my age."



Shania Twain. THE ASSOCIATED PRESS

Twain back and Still The One

Standing ovation. Canadian country star overwhelmed by adoring fans during emotional comeback concert in Las Vegas

Shania Twain roared into her first live show in more than eight years perched atop a glistening motorcycle on Saturday, dangling on wires at least three metres in the air in a sequined black catsuit, her thick brown hair flowing behind her.

Without singing a word, she then received her first standing ovation from an adoring Caesars Palace audience. Shania was back. And her new Las Vegas digs seemed an even better fit for the Canadian-born country starlet than the skin-tight costume she wore as she stomped her thigh-high black boots back across the stage for the first time since July 2004. Next, fierce guitars cut like buzzsaws as her 13-piece band launched into *I'm Gonna Getcha Good* and Twain strut-

ted about the stage as if she'd never left.

But of course, she did leave — and she didn't let the sold-out crowd forget that they were witnessing a tough, triumphant moment for the 47-year-old many still consider the Queen of Country.

"Thank you. Thank you so much — you guys are going to get me all emotional, and then my eyelashes are going to fall off," said Twain, dabbing at her eyes as she addressed the audience for the first time.

And yet, this 100-minute show — titled *Shania: Still The One* — was at once a callback to one of the most successful runs in recent music history as well as a chic, cheeky look toward a new era in Twain's career.

And she certainly looked rejuvenated. She laughed often — even when it threatened to throw off her delicate diction — she blew kisses, she waded into the crowd, she mimed cymbal smashes and occasionally tossed off seemingly improvised dance moves imbued with the spontaneous joy of someone lost in the moment.

"You guys having a good time so far?" she asked halfway through her set.

"I hope so, 'cause that's the only reason I do this. ... Otherwise I would just stay on my lonesome and sing."

Yes, Twain still effortlessly projected the warmly accessible cowgirl next door, even while wholeheartedly embracing the glitz and sizzle expected on the Las Vegas Strip. She first sent a jolt through the crowd by charging onstage on the back of a black stallion before launching into a rowdy take on *Ain't No Quitter* with the stage decorated to look like a Wild West saloon.

During *That Don't Impress Me Much*, meanwhile, huge metal pipes churned out smoke on either side of the stage while snarling leopards were projected on the walls.

And during *You're Still The One*, she trotted onstage on a different horse, a white equine this time, before gently frolicking with it throughout the performance, confetti shaped like snowflakes falling from the sky.

Saturday's show was extra

meaningful in part because Twain has been in vocal rehabilitation for years, since reporting the sudden loss of her voice following her painful split from studio wizard and key creative collaborator Robert (Mutt) Lange. If Twain showed hints of rust in her voice early, she only sounded more robust and comfortable as the gig went on, setting an especially lofty mark for herself during a lovely version of *From This Moment On*.

While the show was a family friendly affair, Twain also proved that, after nearly a decade spent out of the public eye, she's still not shy about tapping into the power of her sex appeal — and this is, after all, Vegas.

Twain's initial tour run will include 10 performances through Dec. 15, with the next 14-show engagement beginning March 19.

And the fact that *Come On Over* is still the best-selling studio album by a female act and best-selling country album of all time, she shouldn't have a problem selling all dates out.

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Robert Pattinson

A biting affair: Pattinson keeps Stewart on her toes

Kristen Stewart and Robert Pattinson may have reconciled following her cheating scandal this summer, but it's not necessarily all smooth sailing between the Twilight co-stars.

"Things will be strained for a

while," a source tells Us Weekly. "Rob is at a point where he sometimes ignores her. He'll go out and won't respond to her calls or texts right away. She knows she has to go along with it. She is working hard at the relationship."



Twitter



@rustyrocks

On my way to #PerthArena, first comic to play there. And last - the finale involves clumsy pyrotechnics.



@KChenoweth

I think im tryin to get the flu. But i wont let it happen.



@billmaher

Dec. 1 is kind of a depressing day - into the last month now...another year shot, another year closer to death. Happy Holidays everybody!



@kevin_nealon

Conundrum Question: What if global warming was responsible for no earthquakes lately in California?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Ke\$ha wouldn't rule out romance with the Biebs

While Justin Bieber appears to be patching things up with Selena Gomez, he can take comfort in the fact that he'd have other options if the reconciliation doesn't work out. When asked by Rolling Stone if she'd be interested in getting intimate with the 18-year-old pop star, rapper Ke\$ha gives a resounding, "Sure" before asking, "Wait, is he even legal? Could I go to jail for this?" Once assured that Bieber is in fact of age, Ke\$ha adds, "OK then, I would. We could go out and buy lottery tickets, vote, play putt-putt golf. All the things that are legal at the age of 18."



Justin Bieber

Quoted

"Wait, is he even legal? Could I go to jail for this?"

Ke\$ha

On getting intimate with Justin Bieber



Jessica Biel ALL PHOTOS GETTY IMAGES

Biel loves calling Timberlake her hubby

Jessica Biel is adjusting to married life, as weird as it may seem to her just over a month after tying the knot with Justin Timberlake.

"It's weird because it feels like almost nothing has changed, yet something that you can't really describe — or something

that isn't tangible — has changed," she tells Ellen DeGeneres in an interview.

"I think the weirdest and kind of most wonderful thing is that word, 'That's my husband.' That's the word. And every time I say it, I go really Southern with it. It's weird."



Halle Berry

Custody agreement final for Berry and ex Aubry

After a lengthy custody battle that came to a head with a bloody Thanksgiving brawl between Gabriel Aubry and Olivier Martinez, Halle Berry and ex-boyfriend Aubry have reportedly reached a custody agreement over their four-

year-old daughter Nahla — though details are hard to come by. "The parties have reached an amicable agreement. There will be no further statements regarding this matter," Berry's lawyer said in a statement to People magazine.

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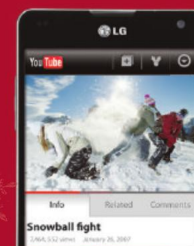
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Water activities

Little swimmers

Beyond sleeping soundly, new research suggests kids who swim also hit developmental milestones earlier than their landlocked peers.

The Griffith Institute for Educational Research pooled together three years' worth of data from 7,000 under-fives from Australia, New

Zealand and the U.S. in the most comprehensive study on the impact of early years swimming.

Swimmers outperformed non-swimmers, regardless of socio-economic background and gender. Not only were visual-motor skills milestones achieved earlier, but children who swam also scored better in areas of literacy and numeracy. **JULIE M. GREEN, YUMMYMUMMYCLUB.CA**

Cleanup

Easy linen closet solutions

Have you ever found yourself pulling apart your entire linen closet in a desperate search for matching sheets and pillowcases?

Well, there's a super simple solution that I wish I would have thought

of years ago!

When you are putting your sheets away, fold and place them inside the matching pillowcase. That way, everything is in one pillowcase — perfectly neat and folded.

Bonus: No one will notice how well (or not well) your fitted sheets are folded.

JOYCE REYNOLDS, YUMMYMUMMYCLUB.CA

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- **Tweet tweet.** Even the wrong tweet can send mommy into a tailspin of tears, so she had to unfollow Miley Cyrus. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

No child should feel afraid to go to school — ever

Bullying. The increasing problem hits close to home for one family

CONSUELO BERNARDI

yummymummyclub.ca

It's 2:03 a.m. and I'm wide-awake. My mind keeps replaying a conversation my husband and I had with our six-year-old son, who told us he was being bullied at school.

It was the hardest, most gut-wrenching conversation I've ever had. My son was a happy, optimistic kid who recently had turned into an angry, moody and argumentative shell of himself. For the longest time, I blamed myself for going back to work. I wish my job was the reason behind the change.

He was afraid of recess. He didn't want to be pushed or called an idiot and a baby.

The worst part was that he was starting to believe these words. He said, "I know you keep saying that they are just words and I should ignore them, but sometimes the words are just too strong and my brain tells me to believe them. Maybe I am the world's worst boy and I don't deserve to be at

that school or in this family. Or maybe I shouldn't even be on this earth. Those boys are making my life shorter. I feel that in my head."

No six-year-old should ever say these words. No child should feel afraid to go to school — ever.

I now have a heightened sense of urgency to find a bullying solution. I get that kids will be kids, but this generation seems to be increasingly filled with kids who push and test the boundaries with no true sense of what consequences their actions will have.

Schools need the resources and support to deal with this ever-growing problem. Parents need to be more proactive.

We need to talk to our kids about being bullied, what bullying is and what it does. We need to keep the lines of communication open and keep the dialogue going until it sinks in.

Before he finally fell asleep, my son asked if we were mad at him for telling us what was bothering him. We both told him how incredibly proud of him we were because we knew how hard it was for him to tell us, especially since it had been bothering him for such a long time. We told him we thought he was very brave. He cried. We cried. We exchanged I love yous and extra long hugs.



Bullying proves that words can hurt. iSTOCK

I stayed with him until he fell asleep, just staring, watching him breathe and hoping that his mind would be filled

with nothing but good dreams while he slept. And I wished that in the morning he would turn back into that happy,

carefree little boy I once knew. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD**

Roll up your sleeves and bake with kids



There are ways to enjoy baking with the little ones. iSTOCK

Bonding. Having little ones help in the kitchen creates memories

MOMSTOWN

yummymummyclub.ca

You're covered in flour, the floor is a mess of coconut and chocolate chips, and your kids' fingers won't stay out of the mixing bowl.

It sounds like a disaster, right? Nope, it's a memory. It's a learning experience. It's a wonderful holiday trad-

ition for you to create with your kids. It's a moment that's worth all of the cookie crumbs and vagrant coconut pieces.

Baking with your kids is really something they will remember forever.

Take the plunge, pull out your apron and remember these five tips to help your survive baking with the kids.

Make a plan

Get ahead of the mess and set up the ingredients along with bowls, measuring cups and the mixer. The more organized you are, the better.

Reason for the insanity

Make something to give to the teacher or neighbour in a cookie exchange. By planning it that way, you're less likely to bail on the plan and more likely to help your child develop pride in his or her work and giving.

Choose a creative project that's easy to adapt

A project or recipe that is too complex will be frustrating for both you and the kids. Small hands and short attention spans will do better with projects that have only a few simple steps.

Document!

Take loads of pictures of the whole process for the memory books (or social networking sites). If the cookies burn, you'll be bummed about having no treats, but you'll still be able to reflect on how much fun it was.

Eggnog never hurts

There's nothing wrong with mama chef enjoying a little spiked eggnog during the baking process. It helps turn a blind eye to the egg shells in the batter and the fingers in the bowl. We're all real moms, right?

A Tex-Mex fiesta in a bowl

The garnishes for this Tortilla, Sautéed Corn and Plum Tomato Soup make it a real Tex-Mex favourite as well as a beautiful-looking soup.

It's a great starter to a main course of fajitas, burritos or quesadillas.

I buy flavoured tortillas in bulk and freeze them.

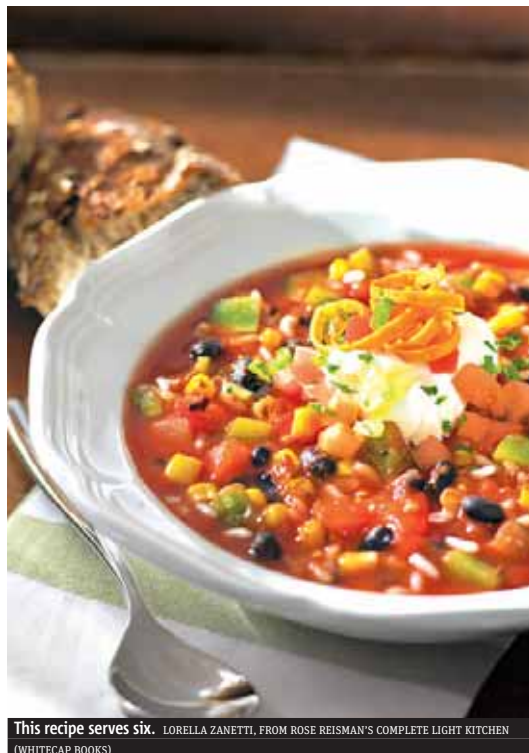
To defrost, place the entire package in the microwave oven and heat on high for 30 seconds, or just until you can break away the number you need. Refreeze the remainder.

The different colours add interest to any meal.

1. Spray a non-stick saucepan with cooking oil, add the vegetable oil and place over medium heat. Cook the onion, green pepper and garlic, stirring occasionally for 5 minutes or until the onions are golden. Stir in the corn and cook for 5 minutes, or until the corn begins to brown.

2. Stir in the stock, black beans, rice and chili paste. Bring to a boil, reduce the heat to a simmer and cook for 12 minutes.

3. Add the tomatoes, corn- starch (dissolved in 1 tbsp of water) and salt and pepper.



This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 tsp minced fresh garlic
- 3/4 cup drained canned corn kernels
- 4 cups chicken or vegetable stock
- 3/4 cup rinsed and drained canned black beans
- 3 tbsp basmati rice
- 1 tsp hot chili paste
- 1 cup diced plum tomatoes
- 2 1/2 tsp cornstarch
- 1/4 tsp salt and freshly ground black pepper
- 1 cup thinly sliced flavored flour tortillas
- 1/3 cup chopped cilantro or parsley
- 1/4 cup low-fat sour cream

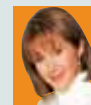
Simmer for 2 minutes until slightly thickened.

4. Ladle the soup into individual bowls and garnish each serving with tortilla strips, fresh herbs, and sour cream.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

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Pizza Hut Meat Lovers multi-grain personal pizza

740 calories/ 34 g fat

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Equivalent

One Pizza Hut Meat Lovers multi-grain personal pizza is equivalent in calories to three hot dogs with buns, ketchup and mustard.



Pizza Hut Pepperoni on multi-grain personal pizza

510 calories/ 17 g fat

Pepperoni in moderation cuts the fat in half and contains less calories than the Meat Lovers choice.



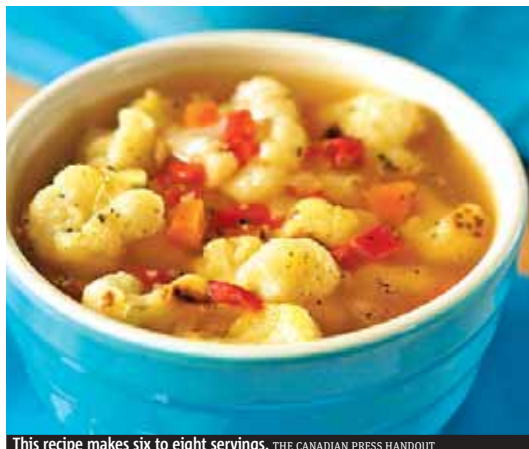
Comfort and nutrition of cauliflower soup

This Roasted Cauliflower and Red Pepper soup not only offers great flavour, but the colours and textures are attractive as well.

Roasting intensifies the flavours of the vegetables. To roast red peppers, quarter peppers and remove seeds. Place skin side up on a rimmed baking sheet in a 230 C (450 F) oven and roast for 10 minutes. Turn peppers over and roast for 10 to 15 minutes or until skins are blackened. Transfer to a bowl, cover tightly and let stand for about 15 minutes. When cool enough to handle, peel off blackened skin and discard.

Ingredients

- 1.25 l (5 cups) bite-size cauliflower florets
- 20 ml (4 tsp) canola oil, divided
- 250 ml (1 cup) finely chopped onion
- 250 ml (1 cup) finely chopped carrots
- 2 cloves garlic, minced
- 1 l (4 cups) reduced-sodium chicken broth
- 2 roasted red bell peppers, finely chopped
- 2 sprigs fresh thyme
- Freshly ground black pepper



This recipe makes six to eight servings. THE CANADIAN PRESS HANDOUT

Meanwhile, cut the cauliflower into bite-size florets to make it easier to eat.

1. Heat oven to 220 C (425 F).

2. Line a rimmed baking sheet with foil. Place cauliflower on sheet and drizzle with 10 ml (2 tsp) of the oil.

3. Roast, turning once, for 20 to 25 minutes or until florets start to caramelize and are lightly browned.

4. Meanwhile, in a large pot, heat remaining oil over medium heat. Sauté onion and carrots for 3 to 4 minutes or until softened. Add garlic and sauté for 30 seconds. Stir in caramelized cauliflower, broth, roasted peppers and thyme; increase heat to high and bring to a boil. Reduce heat and simmer for 10 minutes to blend flavours. Discard thyme sprigs. Season to taste with pepper.

THE CANADIAN PRESS/ COOK! DIETITIANS OF CANADA (ROBERT ROSE INC., 2011).

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Why you should never stay at a job for more than five years

Employment. Changing jobs frequently was once a no-no on one's work record — how times have changed

YLVA
VAN BUUREN
careerbear.com

Here are 10 reasons why changing jobs every four to five years can be a positive move, both professionally and personally.

1. Discovery

A new job provides opportunity to learn a new industry, skill or even perspective, says Lauren Frieze from TalentEgg, a job website and career resource for

The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



students and new graduates. At the same time, you are finding and developing your areas of interest by tackling the unknown.

2. Good things come from putting yourself out there

As Maeghan Smulders, the Canadian super-intern who interned at 10 different companies over several months in order to find her dream job proves, opening yourself up to a range of individuals and networks has a huge professional advantage.

3. It teaches you how to take a calculated risk

Says Frieze: "If you feel you can make a rational decision that the grass is truly greener in another opportunity, I think that you should always take it."

4. It pays

If you can't get ahead at your current job, it may be time to find another one. Career advancement and more money are great reasons to move on.



If the grass is really greener on the other side, go for it. iSTOCK IMAGES

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5. No one will judge you

It's common knowledge that careers are much more fluid than they used to be. "Rather than talk about someone having several different careers over their life," says Frieze, "I think we'll talk more about numerous opportunities to work from different angles and experiences."

6. It's a reflection of the new workplace reality

"In general, the whole workforce in this country is becoming a flexible workforce," says Frieze.

"Also, 'one company from first-hire to retirement' employment is becoming a thing

of the past. Eventually, while full-time jobs will still exist, I think that people will not be defined by where they work as much as before."

7. The Peter Principle

The Peter Principle suggests that many organizations promote their employees to positions that they are not actually capable of doing — and that's where they stay. Leaving avoids that.

8. Your reputation

As the workplace changes and becomes younger due to demographic shifts, the best way to stay employable and hip is to

have a broad range of experience. Moving around also saves you from being pigeon-holed.

9. Survival

Ensuring a broad skill-set reduces your chances of being caught in an obsolete or shrinking field, and it provides a life raft in the event you are.

10. Necessity

Some firms have a built-in culture of turnover.

For example, it is well known that large accounting firms hire a lot of young people to do their auditing and expect at least half of them to move on.

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The In-Credibility Factor

Name: Cody Battershill
City: Calgary
Age: 28
Occupation: Real estate agent and community activist



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Cody Battershill had plans to become a lawyer, but when his mother suggested he get into real estate he switched gears and became an immediate success.

Two years into his career, he was honoured with the MLS Millionaire Dollar Club Award and was in the top one per cent of sellers in his company. Focused and very successful in his career, Cody is also intensely committed to his city and volunteers with more than seven child and youth organizations in Calgary.

I knew I was on my way when... I was 20 years old and I sold my first house. I felt like I had gotten to the first yard marker of my success in my new



Cody Battershill PROVIDED

career, but it's been eight years and I've never looked back.

A lot of people talk about balance. For me, that's having a family, being a pillar of the community and helping those less fortunate. One of the best things is the friendships you make. Everywhere I go I see people that have become my friends because I helped them accomplish their real estate goals. The No. 1 most important thing for me is to put my clients

and their concerns first. Don't focus on the money, focus on the client.

Action Plan

- Never stop reading, learning and growing
- Embrace technology. I read 25 magazines and two books a month on the Internet.
- I have over 20,000 friends on Facebook and I had 25,000 visitors to my website because I love what I do.
- Do things for the right reason and the business will follow.

• Surround yourself with the right people
Look for successful people who can mentor and guide you. Ask them as much as you can for advice, career direction and planning.

• Stay focused on your goals
Don't let anyone discourage you. Your life is what you make it so set goals for this month, this year and then five years down the road.
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New moms make it work

Back to business. Tips for bringing in the bacon with a baby in tow

YLVA
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careerbear.com

If you've been rethinking your career since Baby arrived, you're not alone. Plenty of mat-leave moms wrestle with whether or not to go back to work. Here's the good news: There are family-friendly careers that score high on the mommy meter. The key? Work hours that really work for you.

"What's most important to many moms: Flexible schedules so they can be with their families," says Erica Ehm, creator and publisher of Yummymummyclub.ca. "That is the most important thing."

Virtual positions

"It's a great way to connect with new people," says Ehm, "and you can do it from home and anywhere you can get Wi-Fi."

Jobs: Online community manager, customer service technician, writer, computer



programmer, bookkeeper/accountant.

Considerations: Working with the kids underfoot — you might want childcare.

Independent business

"You can make a very good living," says Ehm. "And you manage your own schedule." Jobs: Independent sales representative or consultant.

Considerations: The hours can vary. If you're a great salesperson, you'll do well.

Part-time work

"These jobs allow you to work a few hours a day, often at night and on weekends. Retail is obvious, but small businesses need

part-time support services too," says Nancy Collamar, career coach at Mylifestyle-career.com.

Jobs: Retail sales clerk, freelance bookkeeper, accountant, graphic designer, virtual assistant, social media manager and temp worker.

Considerations: You have some control over the amount of work you choose to do. Retail pay may not be high, but store discounts and other perks may compensate.

Mom-related jobs

There is a grassroots eco-system of mom-related jobs that celebrate a woman's ability to multitask and that provide independence, flexibility and community.

Jobs: Blogger, moms' fitness leader.

Considerations: "Start talking to everyone in your life about your decision to go back to work — you never know who might be able to help or suggest a lead," says Jennifer Bartman, financial expert at Goldengirlfinance.ca.

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NHL

Head honchos to sit out next round of negotiations

The NHL's collective bargaining talks will resume without the key negotiators in the room.

A handful of owners and players will meet Tuesday afternoon in New York.

Commissioner Gary Bettman proposed the meeting last week and the NHLPA accepted it on Sunday.

Both he and NHLPA executive director Donald Fehr won't be present for the session. The NHL lock-out is into its 12th week.

THE CANADIAN PRESS



NHL commissioner Gary Bettman GETTY IMAGES FILE

Nesbitt doubles up on golds in Kazakhstan

Long-track speedskating. Racer wins both 1,500-metre and team-pursuit events as impressive season continues

Canada's Christine Nesbitt added to her gold-medal collection Sunday, winning the 1,500 metres at a long-track speedskating World Cup in Astana, Kazakhstan.

The London, Ont., native then teamed up with Ivanie Blondin of Ottawa and Britanny Schussler of Winnipeg to win the team pursuit. Nesbitt, who has two gold and a bronze in the 1,500 metres this season, raced to a time of one minute 57.18 seconds. Dutch teammates Marrit Leenstra and Linda de Vries took silver (1:57.29) and bronze (1:57.30).

"It was an OK race. I had a good opener and first lap, so



Christine Nesbitt skates during the women's 1,500-metre race on Sunday in Astana, Kazakhstan.

ALEXEI FILIPPOV/THE ASSOCIATED PRESS

the first 700 metres was decent," Nesbitt said. "In the last two laps I was struggling to keep smooth. My last lap was painful but it was just enough to hold off a win.

"It's a nice way to finish the 1,500 World Cups this fall."

In the women's team pursuit, Canada's threesome improved on their bronze-medal finish from their World Cup

opener in the Netherlands, crossing in 2:58.40, 2.15 seconds faster than South Korea. The Netherlands won bronze in 3:00.71.

THE CANADIAN PRESS

Chiefs find win amidst the grief



Kansas City Chiefs players kneel and pray before a game against the Carolina Panthers on Sunday in Kansas City, Mo. GETTY IMAGES

Against the backdrop of an unthinkable tragedy, the Kansas City Chiefs gave themselves a reason to be proud Sunday — and perhaps the impetus to let the healing begin.

Brady Quinn threw for 201 yards and two touchdowns, and Jamaal Charles ran for 127 yards in the Chiefs' 27-21 victory over the Carolina Panthers. The win snapped an eight-game losing streak during one of the most difficult seasons the franchise has ever experienced.

The win came a day after linebacker Jovan Belcher allegedly shot his girlfriend multiple times, then drove to the team's practice facility

Quoted

"We have so many guys on our team and our coaching staff who are really, really hurting."

Chiefs chairman Clark Hunt

and turned the gun on himself as GM Scott Pioli and coach Romeo Crennel looked on.

Pioli walked through the press box before the game and said he was doing "OK," though he didn't stop to talk. Crennel was on the sideline coaching his team to an uplifting victory.

THE ASSOCIATED PRESS

Crime scene

People were coming and going Sunday from a house where a day before Chiefs linebacker Jovan Belcher allegedly shot and killed his girlfriend.

- Police did not release additional information Sunday.

- Kassandra M. Perkins, 22, was shot multiple times Saturday morning. Belcher drove to Arrowhead Stadium to thank GM Scott Pioli and coach Romeo Crennel for all they'd done for him before he fatally shot himself in the practice facility's parking lot.

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| 11 Honda CR-V LX 4WD • Loaded, A/C, Auto • st: 34357 • km: 14374 \$22,850 \$172*** Bi-weekly | 08 Sportage LX 4WD • Loaded, A/C, Auto • st: 34307 • km: 98209 \$10,870 \$114*** Bi-weekly | 11 Benz C250 AWD • 4Matic, Loaded, Lthr, Roof • st: 34463 • km: 40030 \$29,970 \$226*** Bi-weekly | 09 Vibe AWD • A/C, Auto • st: 12228-A • km: 95884 \$10,780 \$97*** Bi-weekly | 11 Benz E350 AWD • 4Matic, NAV, Loaded, Lthr, Roof • st: 33877 • km: 14374 \$58,850 \$443*** Bi-weekly | 08 LandRover LR2 AWD • Loaded, A/C, Auto • st: 32103 • km: 82605 \$19,800 \$208*** Bi-weekly |
| 11 Gr. Vitara 4WD • Loaded, A/C, Auto • st: 33669 • km: 58018 \$16,950 \$135*** Bi-weekly | 08 Ford Edge SEL AWD • Loaded, A/C, Auto • st: 34136 • km: 79226 \$16,880 \$177*** Bi-weekly | 12 Colorado 4WD • Loaded, A/C, Auto • st: 34139 • km: 17835 \$27,850 \$210*** Bi-weekly | 09 Murano SL AWD • Loaded, Auto • st: 34469 • km: 86683 \$18,970 \$171*** Bi-weekly | 11 Outback AWD • Premium, Loaded, A/C, Auto • st: 34241 • km: 60592 \$24,850 \$187*** Bi-weekly | 12 Venza XLE AWD • Loaded, A/C, Lthr • st: 34455 • km: 9147 \$29,970 \$226*** Bi-weekly |
| 08 Infiniti EX35 AWD • Loaded, A/C, Lthr, Roof • st: 33822 • km: 105315 \$18,880 \$198*** Bi-weekly | 11 Pathfinder 4WD • Loaded, A/C, Auto • st: 34314 • km: 41002 \$25,980 \$196*** Bi-weekly | 09 Impreza AWD • Loaded, A/C, Auto • st: 34447 • km: 89932 \$12,950 \$117*** Bi-weekly | 11 Outlander 4WD • Loaded, A/C, Auto • st: 33520 • km: 32780 \$21,850 \$164*** Bi-weekly | 11 Tundra LTD 4WD • Force, Loaded, A/C, Lthr • st: 34456 • km: 61155 \$37,880 \$285*** Bi-weekly | 10 Forester AWD • Loaded, A/C, Auto • st: 33139 • km: 62998 \$21,980 \$165*** Bi-weekly |
| 11 Yukon 4WD • Loaded, A/C • st: 32939 • km: 44543 \$28,500 \$214*** Bi-weekly | 09 Accord LX • Loaded, A/C, Auto • st: 33975 • km: 69018 \$15,880 \$143*** Bi-weekly | 08 Benz C230 AWD • 4Matic, Loaded, Lthr, Roof • st: 34149 • km: 43035 \$25,980 \$261*** Bi-weekly | 11 Ram 1500 4WD • HEMI, Loaded, A/C, Auto • st: 34428 • km: 44586 \$25,980 \$196*** Bi-weekly | 08 Sierra Z71 SLE 4WD • Loaded, A/C, Roof, Lthr • st: 34449-A • km: 94585 \$17,480 \$183*** Bi-weekly | 07 LandRover LR3 4WD • V8HSE, NAV, Roof, Lthr • st: 33567 • km: 56440 \$26,870 \$270*** Bi-weekly |
| 09 Liberty Sport 4WD • Trail Rated, Loaded, A/C • st: 34488 • km: 67938 \$14,980 \$136*** Bi-weekly | 10 Suzuki SX4 AWD • Loaded, A/C • st: 34461 • km: 71271 \$10,750 \$86*** Bi-weekly | 12 Surburban 1500 4WD • Loaded, A/C • st: 33709 • km: 27634 \$35,830 \$270*** Bi-weekly | 08 Mazda CX-7 AWD • Loaded, A/C • st: 34059 • km: 64801 \$15,650 \$164*** Bi-weekly | 11 Traverse LS AWD • Loaded, A/C • st: 34390 • km: 48949 \$23,890 \$180*** Bi-weekly | 09 Mazda B4000 AWD • A/C • st: 34527 • km: 60233 \$14,470 \$131*** Bi-weekly |
| 08 Compass AWD • Loaded, A/C, Auto • st: 34537 • km: 90551 \$11,860 \$124*** Bi-weekly | 09 Pilot 4WD • Loaded, A/C • st: 34239 • km: 62480 \$24,950 \$214*** Bi-weekly | 10 Ranger Sport 4WD • A/C • st: 34504 • km: 37173 \$16,870 \$135*** Bi-weekly | 11 Escalade EXT AWD • NAV, Loaded, Roof, Lthr • st: 34213 • km: 20748 \$64,820 \$488*** Bi-weekly | 08 BMW X3 AWD • Loaded, A/C, Roof, Lthr, Auto • st: 33285 • km: 51156 \$28,650 \$288*** Bi-weekly | 12 Escape LTD 4WD • Loaded, A/C, Roof, Lthr, Auto • st: 34294 • km: 44920 \$24,980 \$188*** Bi-weekly |
| 10 Equinox LS AWD • Loaded, A/C • st: 33050 • km: 63009 \$17,950 \$143*** Bi-weekly | 12 Volvo XC70 AWD • Loaded, A/C, Lthr, Auto • st: 34310 • km: 29220 \$34,860 \$262*** Bi-weekly | 11 Durango AWD • Loaded, A/C • st: 33712 • km: 24686 \$29,830 \$224*** Bi-weekly | 09 Benz E300 4WD • 4Matic, NAV, Loaded, Lthr, Roof • st: 33686 • km: 46356 \$31,840 \$167*** Bi-weekly | 08 Lincoln MKZ AWD • Loaded, A/C, Roof, Lthr • st: 33632 • km: 98400 \$15,950 \$167*** Bi-weekly | 08 Fusion SEL AWD • V6, Loaded, A/C • st: 33092 • km: 98331 \$11,940 \$125*** Bi-weekly |

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